

Gawler & Districts

www.gawler4wd.com.au

4WD Club Newsletter

February 2014



Founded in 2002



Gawler and Districts 4WD Club Incorporated is an active and supporting member of Four Wheel Drive South Australia



Xmas Wallaroo - December 2013

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WELCOME

to the Gawler & Districts 4WD Club

Previously known as "The Light Four Wheel Drive Club of SA Inc." this active 4WD club was founded in 2002. Members voted at the March 2008 meeting to change the club's name and meet at Gawler to give the club a more recognizable name and a more central meeting place.

It has become a very social club and has run many a successful day, week-end, long week-end and extended trips. We are a member of the Four Wheel Drive South Australia which incorporates the Driver Training Unit. Most meetings include a Guest Speaker and a monthly club newsletter.

If you are a visitor to tonight's meeting, we welcome you and your family to our club. Please ask as many questions as you want. You can join us on up to 3 club outings before becoming a member. Trip Leaders run each outing and will be glad to help you with tips on four wheel driving and how to get the best from your vehicle. If you would like to join us on any trips and enjoy what 4WD can really bring, please fill out your details on our Trip Sheets.

The Club meets every second Friday in the month at 7.30 pm at the Gawler Elderly Centre Hall in Fourteenth Street, Gawler.

The meeting dates are shown on page 3 of this newsletter.

Annual membership fees are \$60 per vehicle/family, plus \$10 joining fee.



**Gawler & Districts 4WD Club
Inc.
P.O. Box 486
Freeling SA 5372**

Enquiries Contacts: President & Secretary
0410 526 317 (Peter - President)
08 8523 2507 (Deb – Secretary)
EMAIL: info@gawler4wd.com.au
WEB: www.gawler4wd.com.au

COMMITTEE MEMBERS

PRESIDENT/PUBLIC OFFICER Peter H : 8523 0889 or 0410 526 317	VICE PRESIDENT Wayne H : 8523 0407 or 0432 339 213
TREASURER Norma R : 0438 120 342	SECRETARY Deb E : 8523 2507
EDITOR Sandra Ha : 8523 0889	PUBLISHER Chris S : 8280 7414 or 0438 223 724
MINUTES SECRETARY Lyn Li : 0418 826 156 (General) Norma R : 0438 120 342 (Committee)	SOCIAL SECRETARIES Lyn Le : 8524 9002 or 0403 332 432 Mandy G : 8284 0002
TRIPS/PROPERTY LIBRARIAN CO-ORDINATOR Quenton : 8523 2507 or 0407 604 601	TRAINING CO-ORDINATOR DTU DELEGATE Peter H : 0410 526 317
COMMITTEE (GENERAL) Jane J : 8523 0657 or 0409 091 851	ASSOCIATION DELEGATE John M : 8522 5664 or 0408 824 654
WELCOMING OFFICERS	Dave R / Paul M

SCHEDULE OF MEETINGS**2014**

Meeting	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
General		14	14	11	9	13	11	8	12	10	14	12
Committee		5	5	2		4	2		3	1	5	3
				30			30					

NOTE: DEADLINE TIME - All newsletter articles to the Editor before Committee Meeting date

Club committee meetings commence at 7:30pm on the scheduled Wednesday, on a rotating basis, held at various committee members' homes. All club members welcome.

Last General Meeting***AGM - December 2013******See the attached Minutes (members only)***

NOTES FROM YOUR COMMITTEE

President's Report:

Welcome to our first Newsletter for 2014. Hope that you had a great break and have managed to keep out of the heat of the last few weeks.

It is with regret that, due to work commitments, Dave Hall has tendered his resignation as training officer. Your club, as does Four Wheel Drive SA, sees training as an important activity. I am currently the Treasurer of the Driver Training Unit (DTU) so I will endeavour to pick up from Dave Hall, for the remainder of this year. If you want more information on the DTU training, please see page 15.

Last year a short survey was conducted to find out what you wanted to get from your club. To all who responded, thank you. The results of the survey have yet to be fully collated but we expect to publish a summary in next month's newsletter.

Don't forget, that the club committee is here to make your club what you want it to be, We need your input and ideas - if there is something you really want us to do, please let me know

[Pete]

Editor's Report:

Hello everyone and welcome back. We hope you had a wonderful Christmas break and are now looking forward to making 2014 an especially successful one for the Club. We also hope that the New Year is a happy one for all of us.

Please support the Valentine's Day raffle which will be the first raffle of the year and drawn on Friday evening at the general meeting. Your donation, be it large or small, will be gratefully received by our social committee so please remember to bring it along on the night and hand it to Lyn Le or Mandy.

Just a gentle reminder that the subs are now due for 2014 and can be handed to our new treasurer Norma. Thank you.

We hope the content of the magazine will be of interest to you and if there are any articles you would like to see included, please let me know.

[Sandra]

Treasurer's Report:



SUBS ARE NOW DUE FOR 2014

Please fill out renewal form

Members pay annual fee (\$60)

(+ \$10 joining fee for new members)

**Please pay the Treasurer before or at March meeting
together with a copy of your Insurance Policy**

[Norma]



COMING EVENTS

Easter 2014		Fri 18th to Mon 21st April 2014	
		Caernarvon Track, Flinders Ranges	
Limit:	12 vehicles		
Details:	Camp at Angorichina Station with flush toilet and hot shower, driving the new 'Caernarvon Track" (already being called "the best 4x4 track in the Flinders") on the Saturday, sunset viewing Yellow footed rock Wallabies, Blinman mine tour, shared Lamb dinner Sunday night		
Requirements:	FULL tank at meeting point, UHF radio, experienced 4WDers, usual recovery equip, covered shoes essential for mine tour, all food and water including Lamb themed food to share Sunday night. Caravans, Camper Trailers, Tents, Swags, good walking shoes, hat, binoculars, cameras. Nibbles/drinks for Wallaby watching.		
Costs	Camping - \$20 per vehicle per night. Caernarvon Track - \$60 per vehicle. Blinman Mine Guided Tour - \$22.00 Adult (group rate) \$11.00 child under 12 (Optional, but highly recommended)		
Meet	Tarlee Friday 7.30am		
Leaders:	Quenton Ph 8523 2507 or 0407 604 601 Assistant Trip Leader / Tail End Charlie: Pete and Sandra H.		

		Sunday 2nd March 2014	
		Clean Up Australia Day	
Limit:	No limit		
Details:	Meet at the Elderly Centre at 9.00 am Bring gloves, tongs, etc and morning tea. Should be finished around 11.00 am.		

GAWLER & DISTRICTS 4WD CLUB



Stickers For Sale – Only \$2.00 each

New design stickers complete with Web address - \$3.00 each

Magnetic Name Badges - \$10 each

See Quenton at the General Meeting

1st & 2nd March 2014
Naracoorte Mud and Water Training - DTU

Limit:	No limit
Details:	Two days of training and assessing of mud driving and water crossing. This is being held at Black Cockatoo Bush Camp near Naracoorte, about 330km from Adelaide. Training will be provided to those that need it and assessing for those who believe that they are already competent.
Requirements:	Bush camping, but the property has flushing dunnies and hot showers. BYO camping kit, food and refreshments
Costs:	Cost is \$110 which covers trainer cost and property access. Trainers must pay their own camping fees
Meet:	Black Cockatoo, nr Naracoorte
Leaders:	DTU - Edmund Morries, mailto:dtuttraining@4wdsa.asn.au , Mob 0439 034 866

Sunday 1st May 2014
Mystery Drive

Limit:	
Details:	More details to follow.
Costs:	
Leader:	Quenton E

Saturday 17th & Sunday 18th May 2014
Peake Sand training

Limit:	10
Details:	Sand and rock basic training
Requirements:	Sand flag, recovery gear, BYO food, water and wood
Costs:	
Meet:	Tailem Bend Shell Roadhouse at 9.00 am
Leaders:	Peter Harper

Saturday 9th & Sunday 10th August 2014
Social weekend at Peake

Limit:	10
Details:	Sand and rock driving and socialising
Requirements:	Sand flag, recovery gear, BYO food, water and wood
Costs:	
Meet:	Tailem Bend Shell Roadhouse at 9.00 am
Leaders:	TBA

BIRTHDAY WISHES

Gawler and Districts 4WD Club wishes to extend a Happy Birthday greeting to the following members and family:

◆◆◆ JAN and FEB ◆◆◆
Brandon C
Deb E
Stephen K
Max L
Ian M
Brenton W
Helen C
James M
Bronte R



RAFFLE ROSTER

We ask if all members could kindly donate an item for a raffle prize each month to approx value of \$15. These can be given to the Social Committee (Lyn Le or Mandy) any time. **You may have realised that the February meeting is being held on Valentine's Day so, with that in mind, we are looking for donations for the Valentine's Day raffle. These can be handed in on the night. Thank you.**

DECEMBER 2013

Dave and Michelle R
Bronte and Norma R
John and Robyn R

FEBRUARY 2014

Roy & Bronwyn S
Chris & Julie S
Brenton & Keryn W

MARCH 2014

Joann & Peter W
Lindsay & Ruth B
Nick & Kerrie B

GUEST SPEAKERS



These guest speakers have kindly agreed to talk with us (at the following general meetings):

- February:** "Might involve the work of an Angel ☺" - Quenton
- March:** "Hints on how to take better photos" to be given by our Club member, Barbara, who has her own photography business..
- April:** To be advised
- May:** Brian Thom – Gawler Now and Then
see <http://www.gawler.nowandthen.net.au>
- June:** RAA – Education for Older Drivers



INFORMATION ON OTHER EVENTS

Bri Glen

If anyone is interested in camping at **Bri Glen** please contact Brian Sambell direct to make arrangements. If you would like to organise a group trip to **Bri-Glen**, discuss with Brian first and then we can promote the trip within the club.

Contact Brian directly on 8522 2871

SA Caravan & Camping Show - 19th-23rd February 2014



Welcome to the SA Caravan and Camping Show 2014 and the wonderful world of Aussie adventures that will be yours to enjoy.

Typically we get over 30,000 people to this annual event ranging from the dreamers thinking "one day" to the keen-eyed bargain hunters who know the show is chockablock full of specials unique to the event.

Over 200 exhibitors are spread across most of the Showgrounds with everything from the ultra swish luxury caravans and campervans to the tents and camper trailers for those who love life under the stars under canvas.

Opening Times: 10am - 5pm daily

Entry Cost: See website

Entry Gate/s: Kidman Gate, Stirling Angas Gate, Wayville Gate & Ridley Gate

Web Site: <http://www.sacaravanandcampingshow.com.au/>

4WDSA is looking for member volunteers for the February Camping and Caravan Show 2014.

All people who wish to give their time (19th-24th Feb) are advised that the contact address should be:-

JOHN CULLEN johncullen@cullenre.com.au

People are still needed for the following days:

- 2 people for Friday pm
- 1 person for Saturday am
- 1 person for Saturday pm
- 2 people for Sunday pm

PROPOSED TRIPS

- **July 2014:** *Proposed trip to Cape York. Trip Leader: Darryll – more details to follow.*
- **TBA** *Punyelroo in the lower Riverland*
- **TBA** *Trip to the Observatory at Stockport, Jane J to advise.*

WINNERS OF 2013 PHOTO COMPETITION

We had a very good range of entries the last year's photo completion and the made the job of the judges very difficult. But there could on be one winner in each category, and here they are:

Open - Gawler Fishing and Outdoors (<https://www.fishnout.com.au/>) \$50 voucher

Won by Norma



Title: Mt Remarkable, June 2013

Funny - La Dolce Vita (1 Julian Terrace, Gawler SA 5118) - \$50 Voucher

Won by Jane



Silverton NSW

People's Choice - Gawler And Districts 4WD Club - Box of chocolates & USB stick

Won by Norma



Bri-Glen, October 2013

Once again we would like to thank our sponsors **Gawler Fishing & Outdoors** and **La Dolce Vita** for supporting the competition and providing the prizes. Please remember to support our sponsors whenever you can. In the case of **Gawler Fishing and Outdoors** please show your membership card when making a purchase and if you book the restaurant; please let them know that you are from the club so that each sponsor can see that their support is reciprocated in kind. Please support the local businesses that support us!

Proposed 4WD club trip

Contact person Bill Small 8577 2228 (2 properties)

Puppy Springs – 700-800 acres with 60 – 70kms sand hills

Dorado Downs – 1500 acres with 100kms sand hills, most clubs prefer this one as it is larger

- **Lots of 4WD tracks** for sand driving, Approx. 30k from Tintinara on Peake side. Quicker going through Peake, then dirt road.
- **No electricity but hot water, flush toilet & showers.** Owner supplies wood for camp fires
- **Minimum bookings of 3 vehicles or more.**
- \$60 per person or family for weekend. Arrive any time on a Friday and leave on Monday if you wish. Prefer no bookings during week. No deposit required. **When booked, the whole area is for our club only; no other vehicles can come in to share.**
- Gets booked out quickly so if interested we need to book in as early as we can this year. These tracks have been used by Nissan & Toyota clubs before.
- Anyone wishing to make enquiries, check out the tracks and be a trip leader are most welcome. The idea is yours if you want it.

Google "Dorado Downs" or "Puppy Springs" for more info.

This proposed trip still needs a trip leader! If you are interested in participating or would like to be a trip leader please let Quenton know.

FOR SALE**FREE MEMBER'S "FOR SALE" ADVERTISING**

Members can submit requests for a "FOR SALE" ad, free of charge, but there are some guidelines:

- (a) Maximum of 6 lines per ad (similar to a typical local newspaper ad)
- (b) Adverts can only appear for a maximum of 3 consecutive months
- (c) No pictures, text only (you can run a pictures ad for \$10 a month)
- (d) Must supply contact details (either a phone or email)
- (e) Editor reserves rights to reject and/or tailor any submitted adverts.

Please send full details to our editor editor@gawler4wd.com.au for inclusion in our next newsletter providing it arrives BEFORE the newsletter deadline! (See page 3)

COROMAL POP-UP CAMPER TRAILER

Silhouette 421 (with Electric Lift) with H/D stone guard and bike racks + much more ...

Ring Chris 0438 223 724 or check it out on

www.gumtree.com.au/s-ad/1038577443 or

www.caravancampingsales.com.au/buy/details.aspx?R=16204097



FEB 2014

MONTHLY RECIPE

I went to an afternoon tea recently and these delicious little sweets were served up. I haven't actually made them myself, but I found this recipe on the internet and, down to the ice cube tray, I think it's very close to those served up that afternoon. They were delicious so why not give them a try.

FERRERO ROCHER

375gm Pkt of Nestle Milk Melts

30gm Copha

Jar of Nutella Spread

100gm crushed nuts

packet of hazelnuts

Put ice cube tray in freezer before you start

Melt chocolate and copha in microwaveable jug or bowl for approx 1 minute, stir and put back in microwave for another minute, stir and repeat if necessary until chocolate is all melted.

Stir in 100gm of crushed nuts.

Pour a little chocolate mixture in the bottom of ice cube trays.

Then add about half to one teaspoon of Nutella spread

Then place one hazelnut on top and cover with the remaining chocolate.

Sprinkle with crushed nuts on top. Return ice cube trays to freezer for a short while.

Enjoy.



(This is a great entertaining quick recipe - also great for gift giving)

SPONSOR ACKNOWLEDGEMENTS

IM-PRESS Promotions Gawler

All embroidered with club logo

Gawler Park Retail
Centre
485 Main Nth Road
Evanston SA 5116

(behind Woolies service station)

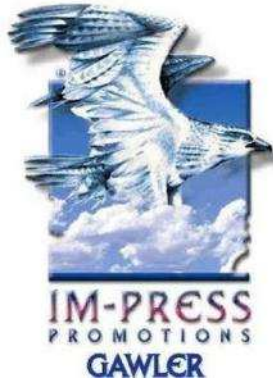
www.impress.net.au

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Fax: 8523 2117

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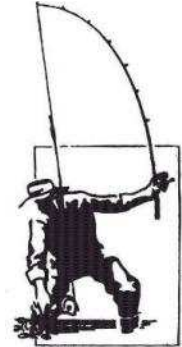
48 Murray St Gawler SA 5118

Phone 08 8522 6200

fishnout@bigpond.net.au

Club Discount with ****club card****
applies to all non-special items

- *Fishing Tackle
- *Fridge / Freezers
- *Guns & ammo
- *Binoculars
- *Knives
- *Camping gear
- *GPS systems
- *Swags
- *Marine
- *Repairs



La Dolce Vita
'A taste of Italy'

Josey Morris
1 Julian Terrace, Gawler S.A.
Ph: 08 85221009

Be our friend on FACEBOOK
ladolcevitasa@gmail.com

Fun, Food & Friendship



The **Gawler and Districts 4WD Club** would like thank the **Wurth Group** and their representative, Neil Burton for kindly donating **Wurth** products to the club for use as raffle prizes.

Anyone interested in any products from the **Wurth** product range should check out their website: www.wurth.com.au

Contact **Neil Burton Ph 0400 075 227** to order any of their products.



The **Gawler and Districts 4WD Club** would like thank **Johnno's Camper Trailers** for their generous support and anyone interested in camper trailers, camping gear or camping products should contact them first. Check out their website www.campertrailer.com.au or contact **Brian or Susan** on 08-8562 8370.

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Apr 2014



CHECK OUT OUR SPONSORS and ADVERTS
Maybe you have something at home you would like to sell.
Contact us for details

Want to advertise in our Newsletter?

WANTED!

- Sponsored Adverts
- Event Advertisers
- Classified Adverts
- "For Sale" items



Advertising Rates (12 months)	
Quarter Page	\$50
Half Page	\$100
Full Page	\$200
One off Advert : \$10	

Contact our editor editor@gawler4wd.com.au for details
[Fees apply and payment has to be made prior to printing]



MEMBERS NOTICE BOARD



It's back again!!!

***** 2014 PHOTO COMPETITION *****

The committee has decided that the photo competition this year will again be run by John J and the same rules apply to make it fair for all

The PHOTO COMPETITION RULES:

- (a) Two categories OPEN and FUNNY;
- (b) Each member may enter up to four (4) photos per category
- (c) Photos should be copy (not originals) - Size 15cm x 10cm (6"x4")
- (d) OPEN photos must have been taken on a club trip during the last 12 months
- (e) All photos must be labelled on the back with your name and where the photo was taken
- (f) Entries to be handed to John or Jane by close of November General meeting (14 Nov)
- (g) Late entries will not be accepted
- (h) All judging is carried out by our sponsors (and their decisions are final!):



So get clicking and get those photos in ... really GREAT PRIZES!!

DON'T FORGET

They must be in by November General Meeting!!

GREAT PRIZES!!!

***** 2014 TRIP REPORT COMPETITION *****

Due to the overwhelming response last year (we had 25 entries,) we have decided to continue on with the Trip Report competition this year to reward those who submit a Trip Report throughout the year!



It doesn't matter whether the report is long or short, serious or amusing, whether you have written one or more, your name will go in the "hat" for each report that is written and a winner will be drawn out of the hat at the end of the year at the Christmas Show BBQ.

So the more reports you write the better your chances of winning!

There will be another great prize so, please, keep-on writing!!!

DTU TRAINING

This year the DTU will be providing training to clubs during the year. We have also organised a remote first-aid course, details which have been sent to the clubs already.

Events the DTU are running are:

1st – 2nd March Mud and Water Training

Two days of training and assessing of mud driving and water crossing. This is being held at Black Cockatoo Bush Camp near Naracoorte, about 330km from Adelaide. Training will be provided to those that need it and assessing for those who believe that they are already competent.

Cost is \$110 which covers trainer cost and property access. Trainers must pay their own camping fees.

15th-16th March Remote First Aid

A two day course covering basic first aid plus additional information required for remote travel.

Participants will receive a Basic First Aid qualification.

Cost is \$150

13th April Basic Practical

One days training and assessing at Callington. It will cover all available competencies, mud excluded.

Cost is \$20 plus property access

3rd – 4th May Basic Theory

Two day session covering the theory of basic 4WD driving and recovery at FWDSA rooms at Cavan.

Cost is \$20

17th – 18th May Basic Practical

Two days of training and assessing at Morgan. It will cover all available competencies. During this weekend we will also be running an advisor course. See further details below.

<i>Costs</i>	<i>Training</i>	<i>\$25</i>
	<i>Advisor</i>	<i>\$50</i>

14th September OH&S, Risk and emergency response course

An internal course covering aspects of OH&S, risk management and emergency response relating to 4WD activities and training

Cost is \$20

To become a DTU Trainer or Assessor

To become a trainer and / or assessor, club members need to complete some of the modules from the Cert IV training certificate. These are:

Trainer	TAEDEL301	Provide work skill instruction
Assessor	TAEASS401	Plan assessment activities and processes
	TAEASS402	Assess competence
	TAEASS403	Participate in assessment validation

These can be done via TAFE or any other training organisation that can provide this training. It is up to the club member to find the most convenient training provider.

In addition, they need to attend an advisor course. During this course the DTU will assess whether their driving skills are sufficient to become a DTU trainer. When attending the course the trainee is expected to know the training and assessment logbook, i.e. the sequence of tasks of each assessment component.

The reason we recommend that this is done before attempting the Cert IV modules is that we do not want someone to spend significant effort in completing these to find out we do not find their driving skills to be sufficient. We do expect that our trainers and assessors have above average driving skills.

The next advisor course is at Morgan on 17th - 18th May. Cost is \$50.

Number 14
17/01/2014

K. I. T.

"KEEPING IN TOUCH"

TO ALL FWDSA CLUB DELEGATES AND CLUB MEMBERS

The Annual General Meeting of FWDSA will be held at Cavan on Thursday the 20th March 2014 at 7:30 pm

There are three positions that need to be filled as the current position holders have advised the Executive and Delegates that they are **NOT** continuing on in their respective roles.

FWDSA therefore needs the following three (3) positions filled if FWDSA is to exist.

- (1) FWDSA Secretary (replacement for Ken Paget)
- (2) FWDSA Treasurer (replacement for John Newman)
- (3) FWDSA Assistant Secretary (replacement for Kai Heinsen)

Please feel free to contact either Ken, John or the President Lee Smith to discuss these positions.

If you would like to help out, please attend the AGM. Nomination forms are attached separately to the Newsletter.



Got any 4WD related photos you would like to share with other Club members?

Please bring them along to one of our meetings either on CD or memory stick and the publisher will prepare them for display upon our website for all to share!

(Don't worry about compressing the photos. Most picture formats supported including JPG, BMP, GIF, TIFF etc.)

IDEAS AND INFORMATION



SA State Emergency Service Extreme Heat Information

It is important to prepare for extreme heat to ensure that you stay safe and well during these times.

This guide provides some simple steps to surviving a heatwave and also lists the signs to look out for in others to ensure everyone's safety

Are you prepared for the heat?



Stay hydrated

You should drink two to three litres of water a day, even if you don't feel thirsty. Avoid 'fizzy', alcoholic and caffeinated drinks and do not take salt tablets (unless instructed to by a GP).



Dress for summer

Lightweight, light coloured clothing reflects heat and sunlight and helps your body maintain a normal temperature.



Check on those at risk

Visit 'at risk' individuals such as the sick and elderly at least twice a day and keep an eye on children. Watch for signs of heat-related illness.



Minimise sun exposure

Keep out of the sun as much as possible. If you must be in the sun, wear a shirt, hat and sunglasses. Also make sure you wear sunscreen to prevent sunburn - sunburn limits the body's ability to cope with heat.



Prepare your home

Prepare your home early. Service or replace your air conditioner BEFORE you need it. Closing curtains, awnings and blinds can also help to keep the home cool.



Make use of air conditioning

If you don't have air conditioning, make use of public facilities, government agencies or other air-conditioned buildings. Portable fans are also useful in drawing in cool air, or exhausting warm air from a room.



Remember your pets

Pets can be particularly vulnerable to the heat. Make sure they have shade and plenty of cool water to last the day.



Seek medical advice if necessary

Refer to the end of this brochure for contact details, or consult your GP.

Important contact information:

- For medical advice telephone Healthdirect Australia **1800 022 222**
- For immediate medical assistance telephone **000**
- For SES response telephone **132 500**
- For life threatening emergencies telephone **000**
- For further information go to www.ses.sa.gov.au

Who is most at risk?

The heat can affect anyone, but some people run a greater risk of serious harm. Those at serious risk include:

- elderly people, babies and young children
- people with serious health issues (chronic conditions, physical and mental)
- people with mobility problems
- people who are physically active, such as manual workers and sportspeople.
- people who misuse alcohol or take illicit drugs

HEAT STRESS SYMPTOMS AND FIRST AID TREATMENT		
DISORDER	SYMPTOMS	WHAT YOU SHOULD DO
Unusual discomfort and heat cramps	<ul style="list-style-type: none"> ▪ Heavy sweating ▪ Thirst ▪ Tiredness ▪ Irritability ▪ Loss of appetite ▪ Prickly heat rash ▪ Nausea ▪ Muscle spasms, twitching ▪ Moist, cool skin ▪ Painful muscle cramps (limbs and abdomen). 	<ul style="list-style-type: none"> ▪ Drink more water ▪ Have a cold shower or bath ▪ Lie in a cool place with legs supported and slightly elevated ▪ Massage muscles gently to ease spasms, or firmly if cramped ▪ Apply ice packs ▪ Drink glucose ▪ Do not have salt.
Heat exhaustion	<ul style="list-style-type: none"> ▪ Profuse sweating ▪ Cold clammy, pale skin ▪ Fatigue, weakness and restlessness ▪ Headache and vomiting ▪ Weak but rapid pulse ▪ Poor coordination ▪ Normal temperature, but faintness. 	<ul style="list-style-type: none"> ▪ Lay victim down in a cool place as above ▪ Loosen clothing and apply wet cloths to head and body ▪ Fan, or move victim to an air conditioned area ▪ Give sips of cold water ▪ If vomiting continues, seek medical assistance immediately.
Heat stroke	<ul style="list-style-type: none"> ▪ Confusion ▪ Headache ▪ Nausea ▪ Dizziness ▪ Skin flushed, hot and unusually dry ▪ Dry swollen tongue ▪ High body temperature ▪ Rapid strong pulse at first, then weaker ▪ Deep unconsciousness may develop rapidly. 	<ul style="list-style-type: none"> ▪ Seek medical advice urgently ▪ Lay victim in cool place as above and remove outer clothing ▪ Check airway and breathing (if unconscious) ▪ Cool victim quickly, applying cold water, or wrap in a wet sheet and fan them ▪ When conscious, give sips of water ▪ For immediate medical assistance telephone 000.

Please be aware of the following if you intend travelling in the Simpson Desert after 16 March 2014.

K. I. T.

“KEEPING IN TOUCH”

TO ALL MEMBERS OF FOUR WHEEL DRIVE SOUTH AUSTRALIA

IMPORTANT AND COMPULSORY NEWS FROM DEWNR

A discussion at the Annual Meeting between FWDSA and DEWNR was the requirement for mandatory Simpson Desert vehicle flags.

This will commence with the opening of the Simpson Desert on March 16 2014.

The Director of National Parks and Wildlife John Schutz has already given approval in principle and this is the information going into the new Desert Parks Pass.

It is an initial requirement, and we will monitor how this works and decide if we need to alter it at all.

SAFETY FLAG REQUIREMENT

*All vehicles **must be fitted with a Safety flag** as detailed below when **travelling in the Simpson Desert Conservation Park, or Simpson Desert Regional Reserve.***

Flag:

Minimum 300mm wide by 290mm high.

Made of Fluorescent materials, Red-Orange or Lime-Yellow in colour.

Motorbikes:

*Rear mounted flag pole, with top of the flag a minimum **3.5 metres from the ground.***

All Other Vehicles:

*With Front Bullbar - Flag pole attached to the bullbar, with top of the flag a minimum **3.5 metres from the ground.***

*Without Front Bullbar - Flag pole attached via bracket at the front of the vehicle, with top of the flag a minimum **3.5 metres from the ground;***

Alternatively

*Flag pole attached to the front of the roof rack, with top of the flag a minimum **2 metres from the roof of vehicle.***

Regards,

Tony Magor

District Manager Outback

Natural Resources SA Arid Lands

Department of Environment, Water and Natural Resources | South Australian Government

Don Ransom OAM

Chairperson

Natural Resources Advisory Unit

Four Wheel Drive South Australia

FRIDAY FUNNIES

(Thanks to Quenton)

Punography

- I tried to catch some fog. I mist.
 - When Chemists die, they barium.
 - Jokes about German sausage are the wurst.
 - A soldier who survived mustard gas and pepper spray is now a seasoned veteran.
 - I know a guy who's addicted to brake fluid. He says he can stop anytime.
 - How does Moses make his tea? Hebrews it.
 - I stayed up all night to see where the sun went. Then it dawned on me.
 - This girl said she recognised me from the Vegetarian Club, but I'd never met herbivore.
 - I'm reading a book about anti-gravity. I can't put it down.
- I did a theatrical performance about puns. It was a play on words.
 - They told me I had type A blood; but it was a type O.
 - A dyslexic man walks into a bra.
 - PMS jokes aren't funny. Period.
 - Energizer Bunny arrested. Charged with battery.
 - I didn't like my beard at first. Then it grew on me.
 - How do you make holy water? Boil the hell out of it!
 - What do you call a Dinosaur with a extensive vocabulary? A Thesaurus.
 - When you get a bladder infection; urine trouble.
 - What does a clock do when it's hungry? It goes back four seconds.
 - Broken pencils are pointless.



If My Body Was a Car!

This is just too funny - scary how true it is!!!

If my body was a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull...

But that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close

My traction is not as graceful as it once was. I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed. My fuel rate burns inefficiently.

But here's the worst of it,

*Almost every time I sneeze, cough or sputter,
either my radiator leaks or My Exhaust Backfires!*